



HOLISTIC HEALTH & FITNESS

Health and Well-Being for Life





The Institute of Metaphysical Sciences

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Course 3 – Bachelor’s Degree Program
Segment 1 - Holistic Fitness for Health and Well-Being
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Maintaining health within all aspects of our life is necessary for us to be truly healthy. The key to health lies in the fact that mind, emotions, and spirit are connected. We are far more than our physical bodies. We are multi-dimensional beings, which means our self includes various levels of beings, such as our mental body, our emotional body, our spiritual body which are all parts of our whole self. In addition, our body cannot survive without a life force, which is the breath that animates us, it is known as Prana, chi, or qi. Research has shown that illnesses have physiological, emotional, mental, and spiritual elements to it. All our experience is a simultaneous experience of body, emotions, mind, and spirit. A human being is seen from the holistic viewpoint, that is, as a whole being, with all its separate parts such as, feelings, thoughts, physical form, and spiritual nature functioning in unity.

Therefore, to achieve good health requires a balance of all aspects of ourselves. Which includes healthy positive thoughts and thinking patterns, emotions, spiritual satisfaction (includes prayers, meditations, etc.), and eating right, and proper exercise. Brian Luke Seaward in his book, “Achieving the Mind-Body-Spirit Connection,” gives a detailed explanation of these aspects, he says that,

“Ageless wisdom shared by the sages and mystics of all times reveals that health is composed of the integration, balance, and harmony of your unique aspects: mind, body, spirit, and emotions in which the whole (often expressed in the form of a circle) is always greater than the sum of the parts.”

Therefore, each aspect of the self must be balanced and connected to achieve wholeness. We must learn to nourish both our inner and outer selves. Being a whole being is taking all the parts that we think are separate from us, such as our body, emotions, mind, and spirit, and integrating them into one simultaneous experience. When we take care and nourish our inner self it reflects to our outer world. When we exercise our body, we are by the act of movement expressing and achieving a harmonious flow of outer and inner energies. The energy from our inner world flows outwards, and vice versa. At the same time, we are transforming our emotional energy into movement, allowing it to move away from stagnation. For example, when one is angry and they can go for a jog or long walk, this way they are able to burn off those angry emotions in the movement of those exercises, thus creating a calmness within.

An important approach to healing the whole self is physical exercise. With exercise, a person can become healthier, more mentally calm, agile, happier, and have a closer connection to their soul/spirit. It also allows you to be present in the ever-changing moment. Eric N. Franklin, writes in “Condition for Dance,” that, “Being present in movement means experiencing the moment-to-moment changes in shape and dynamics in every part of the body during the whole exercise.”

The process of physical movement can connect the four aspects of your being in the moment while your body achieves better fitness. Fitness has many aspects to it, and all of them need to be taken into consideration. Eric N. Franklin says in ‘Conditioning for Dance,’ that, “By actually noticing and feeling the changes an exercise has on the whole body you can make training more effective. Anyone benefits if the

mind is present with the body while exercising.” To condition the body for exercise it is important to create a mind-body exercise regime. This would include the following aspects that you should consider before beginning any exercise regime:

- *Agility-How agile would you like to be? Choose the appropriate exercise with your degree of agility.*
- *Flexibility-How Flexible are you? What degree of flexibility would you like? Choose stretches accordingly. Perform stretches that improve your flexibility.*
- *Coordination-Are your movements coordinated?*
- *Visualization and mental imagery techniques to improve your training. Visualize doing the exercise perfectly.*
- *Be Conscious of every movement and how the exercise is affecting the body.*
- *Muscular Strength-What are your goals to attaining muscular strength? Strength training exercises should be utilized to increase the activity of the muscle, so that the muscles move in alignment and balance. Exp. Aerobic training, swimming, cycling, fast walking, and jogging.*
- *Muscular Endurance-What are your goals to attaining endurance? To improve endurance, you will need to increase your repetitions in a completed set, or increase using resistance by using higher resistance bands, heavier dumbbells etc.*
- *Speed-What are the varying levels of speed you can exercise at? What goals you would like to achieve? Speed is also the intensity of the exercise. Challenge yourself to workout at difficult levels*
- *Alignment: Improve your alignment to keep the body in balance. This means to use correct posture when exercising and keep the body parts aligned when doing stretches and other strength training moves. This usually goes hand-in hand with flexibility exercises.*

Once you have decided on your fitness goals, you can then proceed to choose the type of exercise regime that meets your goals. Exercise gives one, more vitality and zest for life. It also boosts your confidence level. Each person has their way to exercise. There are endless ways to exercise and move the body. The body is made for movement. The key to exercise is not to focus only on one part of the physical body but on the entire being. To achieve a total workout, one must not only exercise the body, but also the mind by instilling positive emotions and letting go of negativity. When we feel good about ourselves our soul’s spiritual connection to the higher energies is established. Even if you think you are too unhealthy and not good at any type of exercise, you can still find something to excel in. John Bingham in his book “No Need for Speed”, that, “The beauty of being really bad at something Is that you can get better with almost no work.”

In this course we will explore the different types of exercises and how each can be used in a way that will exercise the physical, mental, emotional, and spiritual bodies and the entire being.

Exercising State of Mind

“Your state of mind influences the effect of an exercise.” Eric N. Franklin, “Conditioning for Dance”.

Physical movement and exercising are important for the health and well-being of an individual, whether child or adult. A lifestyle of no exercise can lead to many diseases and disabilities, such as obesity, stress, hypertension, heart disease, arthritis, sciatica, etc.

Along with that lack of exercise affects the body’s equilibrium and development, which results in affecting ones’ level of hunger, sleep, sexual desire etc. Each part of the body is benefited by exercise and physical movement. This includes our skeletal and muscular systems also. The bone structures help protect the body, and its movement, so exercising it regularly keeps it in optimal condition. Furthermore, the bones regenerate their mineral content calcium and phosphorous with regular exercise and stretching. The joints also need regular movement to stay flexible and healthy.

Aerobic exercise enhances the circulatory and respiratory efficiency. It is a vigorous type of exercise that allows you to have more endurance, especially in your heart and lungs. Though you can reach aerobic metabolism quickly, to have an aerobic workout you must exercise vigorously for at least 15 minutes. Aerobic exercise examples are running, swimming, riding a bicycle. Regular exercise of any kind can increase endurance, flexibility, and holistic health. Eric N Franklin says in, ‘Conditioning for Dance,’ that, “Bursts of intense exercise performed in less than one minute are called anaerobic. Running, swimming, or any continuous exercise that increases heart and lung (cardio-respiratory) activity for several minutes or more is termed aerobic exercise.”

Another important aspect of exercising is being mentally prepared to do a fitness program. This will create an exercising state of mind. The state that our mind is in, is an essential aspect of our mental health. Arno Ilgner in his book, “The Rock Warrior’s Way,” says that, “Our performance is greatly affected by the subconscious hidden parts of our mind.” He further says,

“We must become aware of mental processes that are subtle, taken for granted, hidden, or overlooked. Consciousness of our mental processes is the first step in understanding how they affect our performance.”

It is essential to know that our minds are always thinking, very rarely do we recognize this fact and can control our thoughts. So, how do we control our thoughts? First by understanding our thoughts and thinking process - That is by slowing down our thinking conversation and becoming aware of each thought. All day and night, and even when you dream, your mind is full of thoughts. Silencing the mind is extremely hard to do, but it can be done through the process of intense concentration. Even when one is exercising intensely it is easy to stop thinking and be present in the motion.

One way to silence the mind is through meditation, which also gives mental relaxation. Dharma Singh Khalsa in his book “Meditation as Medicine,” says that,

“Meditation is excellent at removing the obscuring screens of your concerns, and letting you see things the way they really are.”



When exercising, feel every sensation and breathe deeply. Do not actively think. If thoughts arise, let them pass and clear your mind again. This type of active meditation can help you achieve the ability to meditate anywhere. Another type of meditation is to concentrate your thoughts on a single object of your choice and hold it still in your mind.

If you practice a dangerous or exhilarating physical exercise, then there is a certain type of relaxed and alert state of mind that will allow you to perform with more mastery. This type of mental state is often referred to as the warrior state of mind. Arno Ilgner states in his book, "The Rock Warrior's Way," that, "The warrior hones his body and mind. If he does not, he will not live long." He further explains, "He must perform with absolute mastery and calm in the face of horrendous mortal danger." An extremely active, yet calm state of awareness is involved in the warrior's state of mind. It is complete concentration on the task ahead, without any distraction or fear.

Depending on the nature of the exercise, you may want to focus on the meditative mind or the warrior state of mind. Either way is good, the important factor to note here is the calm and focused attention mental states while performing the exercise. That is at the peak of your performance keep your mind calm, and when meditating learns to be aware, and alert at the same. This will create a balanced holistic state of being.

There are many benefits to exercising regularly. It can make one feel better. When you exercise for at least 30 minutes you stimulate the motor nerves that regulate the endocrine glands which are the neurotransmitters that receive more adrenaline. This release of adrenaline can produce a tranquil feeling of well-being and joy.

You will notice that when you do not exercise regularly you feel tense and agitated. This is because adrenaline builds up when you do not exercise regularly and this suppressed adrenaline can cause feeling of agitation, tense muscles, and attitude, and even aggressive. Emotion is energy in motion, and the emotional energy circulates throughout the body. If one has a negative emotional state then those negative emotions will circulate throughout your system causing energy to eventually become blocked, resulting in disease. Therefore, to have balanced emotional health it is important to burn the energetic excess through the process of exercise.

Warming Up & Cooling Down

An important aspect of exercising is the warming up and cooling down process. Exercise can cause damage if you forget to warm up, and cool down. Warming up can be done by stretching or a few minutes of light exercise. There are numerous ways to warm up. The essential point is that by warming up you make ready your body for vigorous exercise, and at the same time this process also aids in circulating the blood and oxygen to all the muscles. Also, your body will release carbonic acid instead of lactic acid if you warm-up for at least 20 to 40 seconds.

It is recommended that you warm up all your muscles, even if they are not in use, because all muscles work together in every motion. Arnold G Nelson and Jouko Kokkonen say in their book "Stretching Anatomy", that,

"In general, any movement that requires moving a body part to the point at which there is an increase in the movement of a joint can be called stretching exercise. Stretching can be done either actively or passively. Active stretching occurs when the person doing the stretch is the one holding the body part in the stretched position. Passive stretching occurs when someone else moves the person to the stretch position and then holds the person in the position for a set time."

He further states the benefits of stretching in the same book that,

"The following are several chronic training benefits gained from using a regular stretching program:

- *Improved flexibility, stamina (muscular endurance), and muscular strength. The degree of benefit depends on how much stress is put on the muscle. Medium or heavy stretches are recommended. You can do this by building up to doing long stretches of high intensity.*
- *Reduced muscle soreness, aches, and pains. Use only light stretches if muscle soreness prevails.*
- *Improved flexibility...*
- *Good muscular and joint mobility.*
- *More efficient muscular movements and fluidity of motion.*
- *Greater ability to exert maximum force through a wider range of motion.*
- *Prevention of some lower back problems.*
- *Improved appearance and self-image.*
- *Improved body alignment and posture.*
- *Better warm-up and cool-down in an exercise session.*

General Recommendations

- *Try to include all the major muscle groups in any stretching program.*
- *Do at least two different stretches for each joint movement.*
- *Before any physical activity, use light stretches as part of the warm-up.*
- *After an exercise routine, cool down with medium intensity stretches.*
- *If muscles are sore after exercising, using only light stretches two or three times with a 5-to-10-second hold for each stretch performed.*
- *If muscle soreness persists for several days, continue using light stretches two or three times with a 5-to 10-second hold for each stretch performed."*

When you are done exercising, you need to cool down, by letting your breath slow down and lowering your heart rate. The same stretching exercises used for warming up can be used for cooling down. If you sit right away after a workout, acids get stuck in the abdomen muscles which is harmful for the body. The following are some common exercise programs to enhance your holistic fitness and well-being:

Walking

"Life is a tunnel, not a cave. Keep walking and you will find the light again." Atticus

Since the beginning of time, humans have been walking. Most people have been walking since they were toddlers and walk every day. Walking is a powerful exercise. While walking, it is important to keep your back straight, relaxed. Focus on your step and the impact of your feet hitting the ground and do not absorb it. Instead, let the impact bounce your body back up. If you pay close attention to the energy of walking you will discover that you can walk in such a way that you will feel like you are floating rather than beating the ground.

Another important aspect of walking is breathing. Breathe in as much air as possible and exhale all the stale air from your lungs with each breath. Keep your attention on your breath and let your mind be clear.

"The welcoming path. The empty path welcomes you, fragrant with grass and little flowers, the path paved with paddy fields still bearing the marks of your childhood and the fragrance of mother's hand. Walk leisurely, peacefully. Your feet touch the Earth deeply. Do not let your thoughts carry you away, come back to the path every moment. The path is your dear friend. She will transmit to you her solidity and her peace."
Thich Nhat Hanh

Nguyen Anh-Huong & Thich Nhat Hanh talk about the benefits of conscious breathing in their book "Walking Meditation." They say "When we breathe and know that we are breathing, our wandering mind begins to rest on the pillow of our breath. A feeling of calm and ease then naturally arise."

They further explain the breath process, in the same book,

"Place your hands on your abdomen so you can feel it rise and fall with your in-breath and out-breath. Have you noticed that it rises as you breathe in and falls as you breathe out? This is healthy breathing. When we are tense or taken over by a strong emotion, our breathing becomes short and shallow, and our belly does not move at all. Now as you breathe in, follow the air that enters your body through your nose, feel the rise of your abdomen, and quietly say, "In-one." With your out-breath, feel the fall of your abdomen and quietly say, "Out-one." Now say "In-two", on the second in-breath, and "Out-two," on the second out-breath. Continue for ten full breaths. Counting your breath in this way helps you to cultivate mindfulness and concentration, which are crucial for nourishing peace and happiness."

Performing conscious breathing a minimum of twice a day will eventually result in becoming a part of you. It will be difficult in the beginning, but the more you practice, the more natural it will become to you. Also, you can increase the breaths from 10 to 15 and to whatever feels comfortable to you.

Prayer walking or walking meditation is a wonderful way to get connected to nature. You should practice prayer walk when you do not have to be in a hurry. Keep a prayer, word, mantra, idea, or picture in your mind, or even listen to meditation music. Walking meditation allows one to get absorbed in the moment and you can experience your walk, nature, and your life from a new perspective. With every step, you rejuvenate your body and soul, while calming the thoughts and emotions.

"Take my hand, we will walk. We will only walk. We will enjoy our walk, without thinking of arriving anywhere. Walk Peacefully. Walk Happily. Our walk is a peace walk. Our walk is a happiness walk; Then



we learn that there is no peace walk; that peace is the walk, that happiness is the walk. We walk ourselves. We walk for everyone, always hand in hand. Walk and touch peace every moment. Walk and touch happiness every moment. Each step brings a fresh breeze. Each step makes a flower bloom under our feet. Kiss the earth with your feet. Print on Earth your love and happiness. Earth will be safe when we feel in us enough safety.” Thich Nhat Hanh, “Walking Meditation”

Walking is a great way to get aerobic exercise in one’s life and can be done at anytime and anywhere. A famous walker by the name of Peace Pilgrim changed the whole concept of walking. Peace Pilgrim was a mystic, spiritual teacher, vegetarian, and the first woman to walk the entire Appalachian Trail in one season. The website <https://www.npr.org/2013/01/01/168346591/peace-pilgrims-28-year-walk-for-a-meaningful-way-of-life>, says that,

“In 1953, Mildred Norman set off from the Rose Bowl parade on New Year's Day with a goal of walking the entire country for peace. She left her given name behind and took up a new identity: Peace Pilgrim. When Peace Pilgrim started, the Korean War was still under way, and an ominous threat of a nuclear attack was on the minds of many Americans. And so, with "Peace Pilgrim" written across her chest, she began walking "coast to coast for peace." For 28 years — the time she spent on her journey — she never used money. She gave new meaning to the word minimalist, wearing the same clothes every day: blue pants and a blue tunic that held everything she owned: a pen, a comb, a toothbrush, and a map. That is, it. "I own only what I wear and carry. I just walk until given shelter, fast until given food," she said at the time. "I don't even ask; it's given without asking. I tell you; people are good. There's a spark of good in everybody.”

Walk for health, walk for love, walk for peace.

Dance

“To dance is human, and humanity almost universally expresses itself in dance.” Judith Lynne Hanna, To Dance is Human

Dance is a beneficial way to exercise, along with a way to connect to your mind, body, and soul. It is an art, an expression of the individual self. Studying dance is an extensive process that can show much more than written words. Dance is a form of communication that goes beyond words. The body is made for movement and dance is the best expression of movement. Every person at different points in time has had a unique expression that could be only understood by the viewer. Margaret N. H'Doubler, in her book, “Dance,” says that, “The autointoxication of rapturous movement brought him into a self-forgetful union with the not-self that the mystic seeks.”

Furthermore, she writes, “To him dance was magic motion by which he could influence the great forces of nature around him. Through the art of dance, one could please the universe and feel ecstatic and joyful states. For tribal ancient cultures dance was a projection of ‘feelings’, wants and needs.”



Dance is beneficial to the harmony between your body and mind. Dancing is oftentimes associated with joy and happiness, as people who dance in public are usually having fun and smiling. Studies have shown that dancing can be therapeutic, while improving physical strength and flexibility, as well as cognitive performance. Taking a dance class or going out for a night of dancing are both ways to relieve stress and express yourself. Many traditional dancing styles also focus on posture, which can lead to a boost in self-confidence. Traditional dance is a spiritual ritual. It is the expression of myth and emotion. There are traditional dances for every season in every tribe. Some traditional dances have made it through the trials of time and technology. One such dance is Sufi dancing, which is a spiritual dance that requires whirling and spinning to let the ego and earthly desires dissipate in the oneness of God. The website <https://theculturetrip.com/europe/turkey/articles/ancient-sufi-dance-rumis-whirling-dervishes/>, states that,

“Whirling dervishes are a classic image of Turkey, spinning serenely in their tombstone-like felt hats and billowing white robes to create a fascinating ceremony aimed at achieving oneness with God. A practicing dervish told Culture Trip about the mystic Sema ceremony’s meanings, how dervishes train, and the challenges once faced by their Sufi order. Entranced by a 700-year-old ritual, the whirling dervishes perform a Sufi dance, steered by rhythmic breathing and chants of “Allah”, as they seek to become one with God. Their white robes rise and fall in unison, spinning faster and faster. The right palm is raised to the heavens to receive God’s blessings, which are communicated to earth by the left hand pointing to the ground. As they continue turning in a spiritual trance, the dancers float between the two worlds. They are now in a deeply personal and intense form of meditation. The whirling dervish ceremony, or Sema, which blurs the lines between dance, prayer, meditation, and trance, is as synonymous with Turkey as the mosque-studded skyline of Istanbul. But what are the dervishes practicing this ancient ritual, inspired by the teachings of a 13th-century poet and religious leader from present-day Konya (Turkey), trying to achieve? “Sema is the ritual of the Islamic Mevlevi Sufi order, based on the philosophy of Rumi, symbolizing the rising of the human soul by releasing the ego to become enlightened, and thus to become united with God,” explains dervish Abdülhamit Çakmut. Çakmut is president of the Mevlâna Kültür ve Eğitim Derneği (Rumi Culture Organization), which is associated with Istanbul’s Hodjapasha Cultural Centre, one of the places where visitors can witness this hypnotic ritual. As Çakmut explains, the seven-part ceremony is laden with meaning throughout, ranging from the melodious ney (reed flute) representing the divine breath that gives life to everything, to the performers’ distinctive attire. “The dervish, with his headdress (symbolizing his ego’s tombstone) and his white skirt (his ego’s shroud), is, by removing his black cloak, spiritually born to the truth and ready to journey towards it. At the onset and each stop in the Sema, holding his arms crosswise he represents the number one, and testifies to God’s unity,” explains Çakmut. During the elegantly simple performance, rotating with skirts swirling in a choreographed constellation of dancers, the dervishes are believed to become a conduit for divine blessings. “While whirling, his arms are open, his right hand directed to the skies ready to receive God’s beneficence, looking to his left hand turned towards the earth,” says Çakmut. “This is his way of conveying God’s spiritual gift to the people he looks upon.” Their voices echo as they repeatedly call out to Allah, spinning faster and faster. Egos and personal identities are abandoned, they attain a spiritual perfection known as fenafillah. Çakmut likens this “sacrifice of mind to love” to the nirvana of Buddhism, with the distinction that the highest rank of Islam is Muhammed the



Prophet, and the aim of Sema is not “unbroken ecstasy and loss of conscious thought” but rather “complete submission and annihilation of self with in the loved one”. Ultimately, it is hard to pin down the mysterious ceremony rationally – Islamic theologians have pondered it for centuries, and it continues to enchant even the most secular of viewers with its sense of spinning into the infinite. Suffice to say, it takes months of dedication for devout initiates to learn the Rumi ropes – as well as a wooden board and a bag of salt. Using the salt to prevent slipping and blisters, the trainee spins with his left big toe and second toe around a nail in the middle of the square training board, while holding his right foot perpendicular to his left and his arms crossed with palms to shoulders. He must turn his foot and his whole body to the right without raising his heel from the board, and he later progresses to whirling without the nail, opening his arms, and wearing the all-important white tennure robe. “The skirts opening in the air like an umbrella during Sema is called ‘opening tenure’,” explains Çakmut. “While wearing tenure, the whirling dervish feels lighter in aerodynamic terms, and this helps prevent dizziness.” A mystical form of Islam, Sufism shuns all forms of materialism in pursuit of asceticism. In most historical accounts, Sufis are commonly known as persons of religious learning whose aspirations revolve around being close to Allah. The whirling dervishes are part of the Mevlevi Order, a sect of Sufism born in the 13th century, also known as the Mevlevi. The dervishes revere the Islamic scholar, mystic, and renowned Persian poet Jalaluddin Rumi (or Mevlâna – ‘our leader’), who greatly influenced Muslim writing and culture. Many of his poems describe his overpowering love for God. The Mevlevi and their 100-plus tekke (lodges) had great influence during the Ottoman Empire, but Sufism and the order subsequently faced many challenges. In 1925, Mustafa Kemal Atatürk, the founder of the Republic of Turkey, banned all Turkish Sufi orders and their practices as part of his quest to turn Turkey into a modern, secular nation. The dervishes went underground until the 1950s, when the Turkish government eased the restrictions and allowed the Sema to be performed in public. In 2005, the Sema’s cultural significance was recognized by its inclusion on UNESCO’s third Proclamation of Masterpieces of the Oral and Intangible Heritage of Humanity.”

Traditional dance rituals are practiced all around the world. African, traditional Mexican, and South American dances are still practiced with the same vigor that they were created with. Along with that traditional Indian, Native American, Hawaiian, and Middle Eastern dances are still extremely popular. There are even folk dances for almost every culture, religion, and tribe.

The website www.erowid.org/spirit/dancing/dancing.shtml has an article that says, “In the Gnostic Gospel, ‘Acts of John,’ even Jesus danced and said to his disciples, “To the Universe belongs the dancer. He who does not dance does not know what happens.” This is further validated in Psalm 150 V 4 which further states that, “Praise Him with the timbrel and dance.”

Pan eurhythmy

Another religious dance is known as the Pan eurhythmy Dance, a sacred Bulgarian dance, introduced by Peter Douno, in 1938. Peter Deunov is also known as Beinsa Douno, who lived in Sofia, Bulgaria from 1864 to 1944, was a great and inspired teacher of the Perennial Wisdom – which is the essential thread of truth running through all the major world religions. He was an extraordinary man who at once embodied great simplicity and tremendous profundity. His teachings speak to everyone, whatever their creed. They are a guide for living in harmony with others, with the Earth and with the



Divine. Pan eurhythmmy is like yoga in the sense that, it is done to achieve balance, harmony, and well-being, while promoting self-development and expanding consciousness. This early morning exercise is usually done outside in wide, green spaces like a meadow. The purpose was to enhance holistic health by bringing the physical, spiritual, and mental capabilities in alignment with each other and the cosmos. Pan eurhythmmy comes from three roots, Pan- Which means the whole, everything, the cosmic expression. Eu-means the essential, the supreme, or the true. Whereas Rhythm- means cycles, periods, cyclic movement. Thus, Pan eurhythmmy implies the Cosmic Dance, the Cosmic Sublime Rhythm, or the True (Supreme) Cosmic Rhythm. This dance, ritual is the notion of living in balance with nature and the cosmic forces, basically keeping in flow with the ever-evolving consciousness.

The website www.en.wikipedia.org/wiki/paneurhthmy, describes the different phases of this dance ritual:

” Pan eurhythmmy is composed of three parts: 28 Exercises, Sun’s Rays, and Pentagram, with each exercise having a symbolic significance, expressing a particular thought, feeling, or action. A typical Pan eurhythmmy session complete with all three parts is 70 minutes, however practicing the first 28 exercises independently with breaks in between is acceptable and takes 50 minutes. Pan eurhythmmy is practiced strictly with the traditional music, in most cases participants will move in a circle surrounding the musicians (instrumentalists and often singers or a choir) who typically perform in the center of the circle.

The first part, 28 Exercises, is a set of 28 exercises performed with a partner while moving in a circle with the musicians and/or singers in the center of the circle. Each of the exercises reveal an idea expressed through the name, the movements, and the music of the exercise. The first ten exercises, also known as The First Day of Spring, are performed sequentially without pausing. They represent the symbolic awakening of the soul, as nature is awoken in the Spring. In Douno’s opinion, focus on the movement of each exercise and the ideas associated to the exercise was key to performing the exercises correctly. His belief was that the exercises had to be performed thoughtfully and with love, rather than mechanically.

The same website goes on to explain the therapeutic effects of the dance ritual. Pan eurhythmmy exercises were initially used as a method for maintaining good health, with the purpose of promoting health through rhythmic and harmonic movements, combined with corresponding music, concentration of thought, and correct breathing. “Pan eurhythmmy is a non-competitive, social, wellness-related and interdisciplinary physical activity that is suitable for all ages. Due to the diversity of the exercises, it is theorized that they engage muscles and joints to improve the locomotion and balance of the human body. A number of studies have been performed to indicate potential positive effects of the practice on participants.”

Other Dance Rituals

In India, in the Hindu religion dance is a form of worship. The deity Shiva has a cosmic dance called Nataraj, which expresses the symbolic movements of the universe and the rhythms of ongoing existence. In the Middle East, a form of dance called Belly Dance is most popular. Many Native American tribes have sacred dance rituals, like Sun Dances, Rain dances etc. Dance done alone is equally as powerful for the



dancer. This type of movement turns nothing into something. Dance is the impregnation of nothing. What comes out of this impregnation is up to the dancer and the spirits. Dance is the cosmic way to manifest our inner creative expressions. Dance is the union of opposites, and it brings together the body, mind, and soul in the expression of creativity, light, and imagination to open higher levels of the self. Self has many layers, all of which are nourished by dance.

The website www.erowid.org/spirit/dancing/dancing.shtml/, states that dance, “Is a dynamic tool for awakening and stirring the subtle forces and energies of life.” Also, exercise is a form of communication between the body and its spiritual aspect. The mind, emotions, and spirit are connected in dance which creates a transmutation of these energies, leading to well-being and our higher self. The universe is a dance of cosmic energies, and so is our life here on earth. Everything is in motion-thus dancing. If you realize that every action you perform is part of the universal dance, then you begin to think about each move you make.”

When dancing freestyle to music the mind must pay close attention to the music so that the body can keep up with the rhythm. Freeform is the type of free dancing that is done with no style, and outcome in mind. Freestyle has no restrictions and can involve any motion the dancer wishes and any outcome that fate desires. Almost any type of dance can become a pathway to the connection and development of the physical, mental, emotional, and spiritual bodies within yourself. Once you know how to dance in a particular way or to a certain type of music, whether it is improvisational or choreographed, then you can learn to hear music in all sound while you dance throughout life. This path will allow you to be healthy and one with the universe.

*“The morning winds spreads its fresh smell. We must get up and take that in,
 That wind that lets us live. Breathe before it is gone. Dance, when you are broken up,
 Dance, if you have torn the bandage off. Dance, in the middle of the fighting,
 Dance, in your blood, Dance, when you’re perfectly free- Rumi, The Sufi Mystic”*

Every spiritual oriented exercise’s main goal is to learn how to do the exercise in everyday life. Therefore, every exercise you can imagine can be just as spiritual as yoga, tai chi, or traditional dancing. There is no reason to limit yourself. You can learn to balance heart, mind, body, and soul in any exercise, then you can learn to balance these bodies in every moment.

Hiking

Another good way to exercise is hiking. Hiking is a good way to get away from the everyday city life. The mind, emotions, and soul can be greatly enhanced by adventuring away from the stressful environment of civilization. While hiking it is recommended to keep good posture and firm footing. Hiking can help you become whole and healthy. Keith McCafferty says in his book, “L.L. Bean Hiking and Backpacking Handbook,” that, “It is probably the most natural and least stressful of aerobic exercises. “

Walking up and down mountains is a unique experience and important for holistic health. You use a different set of muscles when going up and another set of muscles for going down. There are many



benefits to hiking, your emotions will be calmer, you are thinking patterns will change as you climb up. Living in the fast-paced city life, we have forgotten how to relax. We are always on the go thus depleting our energies. Also, our hectic lives cause stress, unhealthy habits, and troubles to form and take over. By hiking in the mountains, we breathe in pure air and let out toxic air. We also let go of our burdens, and anxieties as our minds take in different scenery. Keith McCafferty says in his book, "L.L. Bean Hiking and Backpacking Handbook." that, "Hiking is the act of shedding civilization one step at a time."

Respite from the everyday city life can lead to better health and relaxation. Keith McCafferty says in the same book, that, "The mind relaxes with the rhythm of hiking. Therefore, hiking is extremely beneficial for the mind. As the clutter and complexity of the life behind us are shed like a chaff, we are able not only to think more logically, but to isolate matters of consequence from the trivial worries that so often monopolize our minds." By relaxing our troubled minds, we can connect to our higher self and the higher sense of self-completeness. McCafferty says in his book, "L.L. Bean Hiking and backpacking Handbook," that, "Hiking can indeed result in greater self-esteem, as we overcome our fear of the unknown, develop wilderness skills, and come to trust in the trail." The hiking trail then becomes not only a physical journey but also a spiritual one. McCafferty says in the same book, that, "With each turn of the path a new facet of our character is revealed to the sun, so that hiking becomes a safari of self-discovery, even of spiritual rebirth, as we free ourselves from the urban oppressions and experience personal growth and a newfound sense of worth in the glories of nature."

In the Native American Cultures, shamans often go to the mountains in search of answers, such as a vision quest. In Greek Mythology the Gods lived on a Mountain. The tops of mountains are seen as spiritual places and close to the heavens. Mountains have pure prana energy, to revitalize your system and rejuvenate your whole being. It is also metaphoric to rise above your everyday concerns and to transcend from worldly affairs or problems. In Eastern societies, Muhammad and Moses went to the mountains to attain enlightenment. Buddha attained enlightenment by climbing mountains and retreating to solitary places. The Essenes, John the Baptist, and Jesus had said to have lived in the mountains for enlightenment purposes. By going to the mountains, we connect to these energies, which can enhance our holistic health, our consciousness, and our quality of life.

Yoga

Yoga is an ancient Indian exercise for mind, body, and soul. It means calming down the different states of consciousness within the physical and spiritual bodies. It also means union with the divine the practice of Yoga leads to the union of the individual consciousness with that of the Universal Consciousness, which results in a perfect harmony between the mind and body. One who experiences this oneness of existence is said to be in yoga, and is termed as a yogi, having attained to a state of freedom referred to as, nirvana or moksha. Thus, the aim of Yoga is Self-realization, to overcome all kinds of sufferings leading to 'the state of liberation' (Moksha) or 'freedom' (Kaivalya). Living with freedom, health and harmony is main goal of Yoga practice.

History



Yoga is believed to have originated with the very dawn of civilization. The science of yoga has its origin thousands of years ago, long before the first religions or belief systems were born. In many Ancient Hindu texts, the yogic lore starts with Shiva, who is seen as the first Yogi.

Other accounts relate to events that happened thousand of years ago, on the banks of the lake Kantisarovar in the Himalayas, Shiva the first yogi poured his knowledge into the legendary Saptarishis, who are the mystical "seven sages". The sages were given the task to carry this powerful yogic science to different parts of the world. However, it was in India that the yogic system found its fullest expression. Several seals and fossil remain of Indus Saraswathi valley civilization with Yogic motives and figures performing yoga indicate the presence of Yoga in the Indian Sub-continent. This indicates the presence of Yoga in ancient India/Pakistan. The phallic symbols, seals of idols of mother Goddess are suggestive of Tantra Yoga. Presence of Yoga is available in folk traditions, Indus valley civilization, Vedic and Upanishadic heritage, Buddhist, and Jain traditions, Darshana's, epics of Mahabharat and Ramayana.

In addition, there was a primordial pure Yoga which has been manifested in mystical traditions of South Asia. Yoga was embedded in their daily rituals, and the sun was given highest importance during. Pranayama exercises were also performed daily. Though Yoga was being practiced in the pre-Vedic period, the great Sage Maharshi Patanjali systematized and codified the then existing practices of Yoga, its meaning, and its related knowledge through his Yoga Sutras. After Patanjali, many Sages and Yoga Masters contributed to the preservation and development of this philosophy.

Other historical sources on yoga come from the Vedas, Upanishads, Smritis, teachings of Buddhism, Jainism, Panini, Purana literature. Between 500 BC - 800 A.D. Yoga was developed further through the commentaries of Vyasa's Yoga Sutras, and the teachings of Mahavir and Buddha. The concept of Five great vows by Mahavir and the eightfold path by Buddha greatly influence the development and practice of Yoga.

Further in the Bhagavat Gita the concept of Gyan yoga, Bhakti yoga and Karma Yoga are presented. These three types of yoga are discussed which reveal the highest standards of human wisdom and peace, which can be developed through the daily practice of the contemplation of yoga philosophy.

In Modern times, yoga practices are a daily practice for most individuals who are geared towards the preservation, maintenance, and promotion of health. Yoga has spread all over the world.

Yoga in Practice

The goal of yoga is to integrate the different aspects of our life, such as our physical, emotional, psychological, and spiritual and to find union with the divine and all there is. To be one with yourself is healthy, but to be one with all the universe is bliss. Francoise Barbira, says in "The Practical Encyclopedia of Yoga & Pilates," that,

"Yoga is a practical philosophy, not a religion, and requires no allegiance to any particular system of belief. The word "yoga" comes from the Sanskrit word "yug", meaning to join, yoke, or unite. It is traditional Indian Philosophy that involves the integration of the physical and spiritual to achieve a sense of well-being. This synthesis and inseparability of the body and mind leads to a greater connection to

one's consciousness. In the practice of yoga, the body is linked to the movement, mind, and breath to bring about a feeling of balance, relaxation, and harmony."

The practice of yoga is done through postures called asanas, which work to improve muscle tone, strength, and well-being. There are many forms and postures involved in the practice of yoga. Yoga has eight major limbs, which are Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi.

Yama is control of the muscular system through postures and breathing exercises. Niyama is going with the flow of one posture to the other. For example, to dance a choreographed dance, the dancers must first have a structure of the controlled movements. Then, when the dance is performed, the dancers let go and move with the flow of the music. The planning of the dance is the Yama practice, while the expression of the music into movement is Niyama.

Asana and Pranayama are the next two limbs of yoga. Asana is the act of controlling the muscular system and the mind. The main purpose is to achieve increased focus and concentration when practicing any posture. Whereas Pranayama is controlling the breath processes. The breath should be controlled by inhaling and exhaling each for a certain number of seconds.

Pratyahara is practicing introspection or focusing within to achieve a balanced psychological state.

Dharana can be called meditation and is the focus of the mind's consciousness on any one object in your imagination.

Dhyana is a state in which all the muscles in your body spontaneously relax, it is considered a timeless state, where things and space do not exist. It is a state where one is in unity with the divine.

Samadhi is the final state of being, which is being at one with the universe, one with the divine, as well as one with everything around you.

These eight limbs of yoga can be used in all forms of exercise and all movements in our daily life. The techniques might take a while to get used to, but practice makes perfect. The more you practice the more you will be able to achieve the wisdom behind the principles of yoga. The key is dedication and devotion to the practice of any exercise. Yogis use yoga in every moment and the life-force energy, Prana flows through them constantly. As a result, they are more energized, aware, and serene. Their minds are calmed, and spirits are brightened.

Pilates



Pilates is a great way to condition the physical body to increase in core strength, flexibility, muscular tone, basically overall fitness, and well-being. The philosophy of Pilates fitness was first introduced by Joseph Pilates, to overcome imbalances, injuries, and bad habits of an unhealthy body. He uses controlled postures and breathing to re-align the body back to health. Joseph Pilates experienced health problems in his childhood. He was inspired to heal himself through the philosophies of Yoga, Zen Buddhists, Bodybuilding, Martial arts, and the Greek ideal of the integrated human. He concentrated on creating a fitness program that used mind-body healing.

There are six principles of Pilates that create Pilates movements:

The first is Movement Center, the place from where all your movements emanate. These are the abdomen, hips, lower back, buttocks. All body movements use these centers. So, when practicing a Pilates move bring your awareness to these centers. Movement Control means bringing your body into the correct alignment, which creates strength, good posture, and easy movement of the limbs. Movement Flow concentrates on flowing from one movement to the other, with the correct alignment of the physical body. The focus is on the quality of each movement. Pilates's breathing is focused from the rib cage, which is said to have circulated the blood more efficiently, thus creating vitality and increased stamina. A calmed full inhale and exhale pattern is beneficial in creating a perfect movement. Diaphragmatic Breathing Techniques can be used to increase the benefits of Pilates movement. The website, <https://my.clevelandclinic.org/health/articles/9445-diaphragmatic-breathing>, states that,

“...you can try the diaphragmatic breathing technique while sitting in a chair, as shown below.

To perform this exercise while sitting in a chair:

- *Sit comfortably, with your knees bent and your shoulders, head, and neck relaxed.*
- *Place one hand on your upper chest and the other just below your rib cage. This will allow you to feel your diaphragm move as you breathe.*
- *Breathe in slowly through your nose so that your stomach moves out against your hand. The hand on your chest should remain as still as possible.*
- *Tighten your stomach muscles, letting them fall inward as you exhale through pursed lips. The hand on your upper chest must remain as still as possible.*

Note: You may notice an increased effort will be needed to use the diaphragm correctly. At first, you will probably get tired while doing this exercise. But keep at it, because with continued practice, diaphragmatic breathing will become easy and automatic.”

This exercise can be done lying down also. You can practice this exercise for 5-10 minutes, each time.

The next principles of Pilates are Precision and Concentration. Be precise in your movements by imagining all the details of the movement in your mind first and then performing them. Concentration in the movement requires your full attention to the exercise.

Pilates is a great way to tone and condition the body, without vigorous exercise.

Life-Force Energy – Qi (Chi) Fitness



Another important aspect of spiritual and physical health and wellness is Life-force Energy, also known as prana, Qi (Chi). Life-force energy is in everything and this energy is life itself, it is what makes one a living being. Ken Cohen says in "The Way of Qigong", that,

"Qi is an invisible subtle force. We know it exists the same way we know sunlight and wind exist."

Qigong

The art of using, cultivating, and maintain the life-force energy has been used by the Asian cultures for centuries. They have developed tranquil techniques of relaxing and cultivating Qi in the form of Qigong, as well as fighting techniques such as kung fu. Yoga postures are also designed to enhance the pranic forces, the life energy force of the body.

To start a routine for life-force health one needs to practice exercises such as Meditation, and Qigong to achieve knowledge and wisdom of this force. In Qigong, simple repetitive movements are used for being, feeling, moving, and creating Qi. Roger Jahnke says in his book, "The Healing Promise of Qi," that,

"For people with health challenges as well as those who simply wish to increase their personal energy and inner calm, ancient Chinese Qigong could be the gift of a lifetime."

History of Qigong

The origins of Qigong date back thousands of years. Studies have revealed that ancient ceremonial dances carried out by tribes in various parts of China developed onto exercises for health and well-being. It is believed that specific rhythms and movements of the dances were developed to strengthen the dancers, both physically and mentally.

As time moved, the original dance movements were systemized into health exercises that could be practiced every day. One of China's legendary founding emperors Huang Di (the Yellow Emperor) is said to have practiced Qigong daily and as a result to have lived healthily for well over one hundred years.

Later, many Chinese sages and scholars developed various practices and philosophies who tried to use Qigong, along with diets, and herbs etc., as a means to achieve immortality – it was reported that many of them lived to a remarkable age. One of the main insights they left behind was that the "elixir of life" resides within each of us, and that by cultivating it regularly, everybody can achieve health and longevity.

Since that time, various systems of Qigong have emerged, including the 8 Pieces of Silk Brocade, which, today, is still one of the most commonly practice exercise. They are usually attributed to General Yue Fei (1177–1279 AD) who is said to have developed them to train his army – and it is said also that thanks to these powerful exercises it was never defeated.



Over the millennia, Qigong has been practiced by intellectuals, monks, warriors, and ordinary people mainly for three different purposes: martial, medical, or meditative. Many schools teach the 8 Pieces of Silk Brocade and other exercises to give students a solid grounding in Qigong. After that, and if they so wish, students are welcome to explore any of the other aspects of this marvelous practice.

Qigong can be done by a person of any age, but children usually find it to be boring, thus they will not be able to feel the flow of Qi. It takes truly little space and no equipment. Also, the series of moves can be done quickly or can be done for a long period for different effects.

The mental state becomes very serene, with much emphasis on the mental goal, which is to relax the mind by silencing the thoughts. The rush of Qi will create a feeling of euphoria. Spiritually this practice will allow the chakras to open and universal energy to flow.

The website <https://www.livescience.com/38192-qigong.html> describes this form of exercise meditation as,

"Qigong (pronounced chee-gong) is an ancient Chinese exercise and healing technique that involves meditation, controlled breathing and movement exercises. The character "Qi" that makes up the first part of qigong is a difficult word to translate, according to Peter Wayne, an assistant professor of medicine at Harvard Medical School and the research director at Harvard's [Osher Center for Integrative Medicine](#). Qi is a concept from traditional Chinese culture that roughly means vital energy, information, breath, or spirit. The second character in qigong, "gong," means cultivation or mastery, Wayne said. Qigong is therefore sometimes translated as "vital energy cultivation" or "mastery of your energy."

There are many forms of qigong practiced throughout the world. Some of these forms involve breathing and meditation to promote spirituality and health while others are more vigorous and include martial arts exercises. Tai chi, a widely practiced mind-body exercise, is sometimes referred to as a form of qigong because it "cultivates, moves and helps manage Qi," "

The same website goes on to describe one the most common type of qigong called Baduanjin qigong. This exercise has eight movements, known as the Eight Pieces of Brocade, or Fabric. The movements are as follows: Pressing the Heavens with Two Hands, Drawing the Bowstring and Letting the Arrows Fly, Separating Heaven and Earth, Wise Owl Gazes Backward, Punching with Angry Gaze, bouncing on the Toes, Big Bear Turns from Side to Side, and Touching the Toes Then Bending Backwards.

Other forms of qigong practices include

- Ershibashi (28 Step Qigong): This Qigong sequence has soft and flowing movements which are based on Tai Chi. Each movement has many health benefits.
- Tai Chi Breaths: These are 8 exercises which help to develop awareness of the body and feeling of Qi.
- Elemental Breaths: These are basic visualizations and breathing exercises which help to purify the mind and heart. They help to release anxiety and transform negative emotions into positive ones.



- *Zhan Zhuang: This is a sequence of standing meditation postures, which is essential to the practice of Qigong and Tai Chi. Practiced regularly, Zhan Zhuang postures help to develop concentration and mental and physical strength. They are the basis of developing internal energy.*

Qigong is easy to learn and enjoyable to do. Even a few minutes of practice can have an invigorating and rejuvenating effect. Regular practice brings about a deep strengthening effect for the whole body and its various systems such as the nervous, digestive, respiratory, skeleton-muscular, hormonal, gynecological, etc. Its ability to help in healing a large variety of chronic and acute injuries and illnesses has been the subject of various research programs led by the Chinese medical authorities.

The aim of Qigong is to promote the movement of Qi (energy) in the body; this is done by opening certain gates and stretching and twisting energy channels. A key point in Qigong practice is relaxation and deep breathing, both of which are prerequisites to allow Qi to flow.

Some Qigong movements are very gentle, others more vigorous. Some movements are exceptionally large and expansive, others are more subtle, almost imperceptible. All are different and have an extremely specific effect on body and mind. The deeper one practices, the more one can understand the purpose of each movement, allowing the Qigong practice to become ever more enjoyable.

Tai Chi

Tai Chi is another exercise that allows the cultivation of Qi (chi). The movements are based on aspects of nature. The fluid, easy movements stretch the body mechanics without straining them. These easy movements can then be transferred to your everyday life to make every action seem effortless.

Anyone can practice this ancient exercise. The slow and smooth movements of tai chi is good for calming the body and senses, thus giving numerous health and wellness benefits. On the other hand, it can also be practiced as a martial arts technique by using fast, fluid, fighting movements. Practicing Tai Chi can change your life for the better. Tai Chi can enhance your balance, coordination, and flexibility if practiced daily as a way of life. The Tai Chi postures help circulate Qi in different parts of the body and when done correctly Tai Chi can make any movement effortless. This allows the Qi to flow freely through the body, creating movement out of stillness. Tai Chi will also keep Chi and blood flowing harmoniously throughout the body and chakra systems.

History

Tai Chi, also known as Shadow Boxing, is a major traditional Chinese martial art. The term, "Tai Chi," was first known in written references in the Book of Changes, which was over 3000 years ago, during the Zhou Dynasty (1100-1221 BC). In this book it says that "in all changes exists Tai Chi, which



causes the two opposites in everything." Tai Chi means the ultimate of ultimate, often used to describe the vastness of the universe.

The essential principles of Tai Chi are based on the ancient Chinese philosophy of Taoism, which stresses the natural balance in all things and the need for living in spiritual and physical accord with the patterns of nature. According to this philosophy, everything is composed of two opposite, but entirely complementary, elements of yin and yang, working in a relationship which is in perpetual balance. Tai Chi consists of exercises equally balanced between yin and yang, which is why it is so remarkably effective.

Yin and yang are polar opposites and are found in all things in life. In nature, everything tends toward a natural state of harmony. Likewise, yin and yang are always in total balance. Concepts such as soft, pliant, yielding, and feminine are associated with yin, while concepts such as hard, rigid, and masculine are associated with yang. Both sides complement each other completely and together form a perfect whole. Things which are perfectly balanced and in harmony are at peace, which leads naturally to holistic health and well-being.

It is almost impossible to separate Chinese martial art history from legend. Legends hold interesting and useful messages. The real origins of Tai Chi are shrouded in mystery. But the legendary accounts date back as far as the 15th century, to a legendary figure, Zhang Shan Feng, who was a famous Taoist priest. He was believed to possess super-human ability and immense internal power.

The physical techniques of tai chi are described in the "T'ai-chi classics", a set of writings by traditional masters, to increase flexibility of the joints based on coordination and relaxation, rather than muscular tension. The slow, repetitive movements gently open the internal circulation chi.

Other accounts of Tai Chi, date back to Chen Wang ting, a 16th century Royal Guard of the Chen village in Wenxian County, Henan Province. After retiring from the army, he was drawn to the teachings of Taoism, which led him to a simple life of farming, studying, and teaching martial arts. Chen Wangting developed the Chen Style Tai Chi which is characterized by contrasting and complimentary movements- slow and soft versus fast and hard. It contains explosive power and low stances. Chen style is a more difficult and physically demanding style than the other styles. Tai Chi was further learnt and modified by Yang Lu-Chan from the Chen village. He reinvented an easier style that used higher stances, gentle and slow movements, making it much more suitable for everyone.

As time turned, the style evolved from the Yang and Chen styles to three other major styles – Wu, Hao, and Sun. Each of these Tai Chi styles share similar principles but contain different movements and characteristics. Tai chi has evolved into a graceful form of exercise that is now used for stress reduction and a variety of other health conditions. It is often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements.

Health Benefits

Today, Tai Chi is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

The website <https://www.verywellhealth.com/the-benefits-of-tai-chi-89962>,

“Tai chi is a mind-body practice that involves a series of slow, flowing exercises that combine movement, meditation, and rhythmic breathing. Although it was initially developed as a martial art, it is commonly practiced as a form of “moving meditation.” According to the principles of [traditional Chinese medicine](#), tai chi's movements can help stimulate the flow of vital energy (also known as “chi”) and, in turn, promote healing from a variety of health conditions. Many practitioners of tai chi use this technique to enhance physical and mental health, as well as to improve posture, balance, flexibility, and strength. In addition, tai chi is said to boost mood, alleviate pain, strengthen the immune system, and improve heart health.”

Another website <https://www.healthline.com/health/exercise-fitness/tai-chi-moves#benefits,describe> the many holistic benefits of tai chi.

“The benefits of tai chi encompass everything from mental, physical, and emotional benefits to spiritual and healing benefits. While not an exhaustive list, the following are some of the more well-known mental and physical benefits of tai chi. It is a safe and effective form of physical fitness for beginners. If you are new to exercise or just new to this form of fitness, the slow, low-impact movements are safe and gentle on your body and help increase flexibility and posture.

- *Manage stress-related anxiety by integrating the relaxation and stretching benefits right into the movement. You will learn how to relax and move slowly through the movements while breathing.*
- *Improve your mood. Tai chi may be effective in reducing depressive symptoms, anxiety, and mood disorders.*
- *Better sleep. Practicing tai chi on a regular basis may contribute to a more restful sleep.*
- *Adaptable. Tai chi is both gentle and slow, which makes it easily adaptable to many fitness levels and health conditions.*
- *Improved Posture. Through the slow and deliberate flow of the moves, the practice of tai chi helps improve posture and body alignment.*
- *Pain Relief. Engaging in tai chi can improve the symptoms that result from fibromyalgia. Studies have shown that a daily routine of tai chi exercises will ease the pain for people with fibromyalgia.*

In a nutshell the philosophy of tai chi involves three main aspects:

- *General Health: An individual may find it difficult to meditate to a state of calmness or to use tai chi as a martial art. Therefore, using the Tai chi's exercises help them relieve the physical effects of stress on the body and mind.*



- *Moving Meditation: The focus and calmness cultivated by the meditative aspect of tai chi is seen as necessary in maintaining optimum health, relieving stress, and maintaining harmonious energy levels.*
- *Self-Defense: The ability to use tai chi as a form of self-defense. This is usually done by using Tai chi as a form of combative exercises such as the study of yielding and sticking to an incoming attack rather than attempting to meet it with opposing force. The use of tai chi as a martial art is quite challenging and requires a great deal of training. When used as a martial arts' move, Tai Chi can be applied to a situation of self-defense or fighting. The techniques of martial arts are used for personal development, self-realization, and enlightenment, as the fighting part of martial arts has decreased in our current time. Even though martial arts are generally a combative technique, hidden within its teachings, postures, and movements is the knowledge to free oneself from anger, illusion, and emotional blockages. It is another form of spiritual enlightenment.*

Running/Jogging

Jogging and running are exercises people have done often, and for some, it is a form of exercise they have done all their life. Running or jogging gets your blood flowing along with your life-force energy, chi. Chi will help open your chakras, and as a result, greater amounts of energy will flow into your energy centers. As a result, you experience more vitality and invigoration to your heart, mind, body, and soul.

Running at full speed will increase your heart rate and increase your deep breathing pattern. Thus, your brain receives more oxygen and adrenaline. This gives a feeling of joy and happiness. Jogging is usually done at a slower pace, than running. The heart rate is gradually brought to a healthy level, with the same results as running and walking.

Further, your chakras and subtle bodies can channel greater amounts or levels of energy from the universe. If you put your consciousness into these channels of energy, then your soul will grow to a higher level as you run. With each step allow energy to pour into all your chakras. Your spirit can connect to greater depths and time and space can bend within your body, allowing you to run with universal energy, instead of exerting your reserve of energy.

Sprinting is another form of running as rapidly as possible for a short distance. This requires strength instead of endurance. Warming up is especially important in sprinting, jogging, or running, to avoid leg injury. Whereas Cross country running is a slow-paced jog and requires endurance not strength. Like this is Distant Running. Steven I. Subotnick says in his book, "Sports and Exercise Injuries," that, "Running gets me back in touch with my soul." So, if you use this form of exercise, run for your soul and your connection to the earth and divine. Make it a joyful experience.

A famous Canadian Athlete, humanitarian, and runner made a worldwide legacy of running for cancer. The website https://en.wikipedia.org/wiki/Terry_Fox, says that,

"Terrance Stanley Fox (July 28, 1958 – June 28, 1981) was a Canadian athlete, humanitarian, and cancer research activist. In 1980, with one leg having been amputated due to cancer, he embarked on



an east to west cross-Canada run to raise money and awareness for cancer research. Although the spread of his cancer eventually forced him to end his quest after 143 days and 5,373 kilometers (3,339 mi), and ultimately cost him his life, his efforts resulted in a lasting, worldwide legacy. The annual Terry Fox Run, first held in 1981, has grown to involve millions of participants in over 60 countries and is now the world's largest one-day fundraiser for cancer research; over C\$ 750 million has been raised in his name, as of January 2018.

Bicycling and Spin Classes

Another common form of exercise is cycling and spin classes. Cycling is a repetitive exercise, it allows the mind plenty of time to contemplate other things and relax, which is similar to chanting mantras or the rosary. It creates the same state of mind. Cycling allows people to focus on their energy, breathing, and pushing their limits. It is a casual activity which focuses on improving one's mood, as opposed to an exercise that is competitive. Furthermore, cycling outdoors can be a great way to connect with nature, smell the flowers, enjoy the pleasant day. Which is an ideal setting for unwinding and relieving stressing. Setting goals for yourself on your bicycle or exploring a new trail with friends can quickly jumpstart your mental wellness, allowing you to feel physically fit and mentally free.

Other beneficial forms of exercise are, rock climbing, swimming, weight training, track and field, all kinds of sports, martial arts, etc. All can be used to gain holistic fitness benefits. All forms of exercise can be beneficial, and all kinds of movement can be developed and used to create a stronger body, mind, heart, and spirit connection.

Design your true form of exercise, or workout program, let your true self be your guide. You do not have to follow any type of exercise regime if you are not satisfied with it. Be creative and design your routine according to your expression of movements, create your own dance that works perfectly with you. Mold the exercise to your liking. Take the time to eat a balanced diet, relax your mind, love yourself, enlighten your spirit and exercise your body. Then you are bound to live a complete and full life. Eventually you can make every movement of your day an important exercise as well as taking the time to work out physically. When your thoughts, feelings, body, and spirit are in resonance with each other you will have achieved holistic health.

Conclusion

The knowledge of Holistic Fitness can be found all over the internet, in fitness, holistic healing books, but the wisdom is useless if you do not act upon it. Practice to make yourself perfect. Apply the knowledge to your life and you will gain the needed wisdom to improve your life.

Holistic Fitness can improve your life in every way. You become stronger emotionally, mentally, and spiritually as well as physically. Your strength, endurance, dexterity, and tranquility are increased. You feel more invigorated, and full of life. Your emotional and mental states are balanced and relaxed. Your spirit is uplifted thus you have enhanced the quality of life and consciousness.

In the book El Aura Del Cuerpo, Albert Dallal quotes the poet Octavio Paz (translated by B Seferiades),

“A youthful body is a solar system, a nucleus of physical and psychic radiations. The body is a distributor of energy, a fountain of psychic material or mana. This mana is a substance that is neither spiritual nor physical. It is the force that moves the world according to the primitives. When we love a body, we do not love a person, but rather an incarnation of this cosmic force.”

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Holistic Fitness Exam Questions

Name: _____

Address: _____

Student No: _____ Phone No. _____

- The connection of the mind, emotions, and spirit within the body is key to total health.
 T F
- The key to exercise is to focus on _____
 A. One part of the body



- B. The entire being
C. Nothing
D. Everything
3. Exercise does not affect the emotions. T F
4. Exercise directly effects the flow of _____.
A. Blood
B. Lymph fluids
C. Chi
D. Saliva
5. _____ is one of the eight limbs of Yoga.
A. Asana
B. Weightlifting
C. Relaxation
D. Sanskrit
6. Traditional dance is a _____ ritual.
A. Practical
B. Spiritual
C. Useless
D. Neither A, B or C
7. Walking up and down the mountain is important for total health. T F
8. In native American Cultures Shamans went to the mountains in search of _____.
A. Water
B. Answers
C. Love
D. All of the above
9. Running at full speed will decrease your heart rate. T F
10. All forms of exercise can be beneficial except sprinting. T F
11. Fitness has many aspects to it and all need to be taken into consideration when exercising. Such as agility, balance, flexibility, coordination, muscular strength, muscular endurance, reaction time, and speed. T F



12. Aerobic exercise enhances the circulatory and respiratory efficiency. T F
13. Eric N franklin says in *Conditioning for Dance*, that “Your state of mind influences the effect of an exercise.” T F
14. If you practice a life threatening or exhilarating physical exercise, then there is a certain type of relaxed and alert state of mind that will allow you to perform with more mastery. This type of mental state is often referred to as the _____.
- A. Warrior State of Mind
 - B. Weak state of Mind
 - C. Strong State of Mind
 - D. None of the above

Segment 2 – Holistic Detox

By Saiyra Akbar & Shahir Ali A

In this course, we will discuss the benefits of detoxing the body for mind, body, and spirit. An important part of holistic health is cleansing and fasting. This can have a positive effect on one’s overall well-being. Mental clarity, happiness, and healing experiences can be some of the benefits of cleansing the body. Besides, the physical body needs to rejuvenate. In our society where we consume unhealthy and fast food daily, along with other non-healthy foods and drinks, our bodies have become out-of-balance, unhealthy and stressed. In the “Detox Diet”, Elson M. Haas and Daniella Chase talk about destructive habits that arise from excessive food eating, chemical, and drugs. “Abuses and addictions touch almost every person’s life. I realize these habits are as much a part of our social and cultural upbringing, as they are of our responses to dealing with the stresses of family, school, work, our local environment, and society



at large. Food choices are especially a challenge for so many overweight and obese people and are expanding and becoming a significant issue for many of us across all age groups, from young to old. Truly, finding the right, supportive, and balanced diet is a dilemma for most everyone. I do not want you to feel bad or weak or self-conscious if any of these potentially destructive habits applies to you. I know the struggle between light and dark, between picking up that bag of cookies or chips, that cup of coffee or glass of wine or pack of cigarettes-and the desire to stop. I also know it is an incredible challenge to change anything, particularly to stop any addiction we have relied upon for many years.” Haas goes on to explain that to improve your health, you must eliminate the destructive habits, which are the source of bad health and many diseases.

One way to eliminate destructive habits is through the process of Cleansing and fasting. These methods have been used as medicine for the body in many cultures and civilizations. Fasting holds an important place in most world religions and cultures. It is a way for people to deepen their communication with the Divine through purifying their bodies and tuning their life-force energy. Cleansing practices can be found in traditional wellness regimes, such as the Ayurvedic Systems from India. Although still practiced throughout the world, cleansing and fasting do not hold a medicinal role in the Western mainstream culture. Instead, people tend to overeat food and indulge in snacks or continually try to limit their food intake through dieting. Both ways of using food do not include a sense of food being our medicine.

Many of our eating habits do not consider the relationship of mind, body, and soul, whereas many religions and health system do honor this relationship and put great emphasis on what one consumes, because it affects their thoughts, emotions, and spirituality.

The Essenes, a community that lived near Jerusalem and authored the Dead Sea Scrolls, believed, in the teaching of Jesus, which emphasized the use of cleansing, fasting, and eating raw foods to maintain good health and well-being. Each culture has its system of eating for health and well-being, the Indians have Ayurveda, which is designed to bring harmony to the mind, body, and soul, whereas the Muslims and Jews eat kosher (halal meats) and abstaining from intoxicating foods and drinks. In this course, I will discuss several types of cleanses and fasts which can assist in the process of elimination of toxins from the body, as well as additional exercises to enhance the detoxification process. This course will empower you to make healthy choices for yourself. It will give you the knowledge and understanding of cleansing and fasting through information.

Please keep in mind that the information contained in this course is not intended to treat, diagnose, cure, or prevent any diseases. It is designed for informational purposes only.

Toxic Environments

Many people live day to day with symptoms of toxicity, which they regard as being normal feelings for their bodies. They have adapted to the idea of living with symptoms of toxicity as if it is the natural way to live. Phyllis Saifer and Merla Zellerbach explain in their book “Detox,” that, “These individuals think that everyone is drowsy after meals, wakes up with a slight headache, or feels claustrophobic around smokers.”

We just accept it as a part of aging, but it does not have to be that way. We can learn to make changes in the way we eat and live. Today many people grow up taking in moderate to high levels of toxins

and have thus never experienced life without them. A toxin has been defined by Elson Hass in the book, "The Detox Diet," as, "any substance that creates irritating and/or harmful effects to the body, undermining our health and stressing our biochemical or organ functions."

Toxins come from both, what we consciously put into our bodies and from the environment we live in. Feelings of sluggishness, constipation, headaches, and other symptoms of toxicity do not have to be a part of our daily lives. We can take control back into our lives by making healthy eating choices, detoxification, and avoiding pharmaceutical drugs. Instead turn to natural, holistic ways to prevent diseases, such as healthy diets and detoxification processes. To come back to health, we must personally wish to reclaim our perfect health, we must stop using drugs and chemicals, that pollute, suppress, and weaken our bodies. We must return to natural methods that our Creator designed; and that means using herbs and other natural methods that cleanse, purify, and strengthen the body.

Main Types of Toxins

The first step in cleansing and purifying our bodies is to identify the sources of the toxins that are causing us to feel sluggish, drowsy, giving us headaches, fatigue, heartburn, and many others. These symptoms if not taken care of will progress into illnesses. Phyllis Saifer and Merla Zellerbach say in their book, "Detox," that, there are three main types of toxins that enter the human body. These are called ingestants, inhalants, and contactants.

Ingestants are toxins entered by the mouth, through the foods and drinks we ingest. Commercial food use fertilizers, pesticides, and other sprays that contain many chemicals. Pesticides use arsenic, a deadly poison, as the main active ingredient, which are used to kill insects in the agriculture process of food. If this can kill insects, what is it doing to the human bodies? Water is often a source of toxins as well. Water can be polluted with chemicals coming from the rub-off of pesticides into streams, dumping into rivers, and the addition of chlorine. Chlorine is another dangerous toxin that we ingest into our bodies without knowing. Chlorine began to be used during World War I for gas warfare. Dr. Richard Anderson in his book, "Cleanse & Purify Thyself," says that, Chlorine is one of the leading toxins that causes cancer.

Inhalants are another dangerous toxin that works on the human body slowly through the air we breathe in daily. The air we all breathe in contains ozone, carbon monoxide, fine particles, sulfur dioxide, and lead in addition to the oxygen that we need. A human breathes in approximately 15, 000 liters per day. So, the level of inhalants taken daily may be high for many humans today.

Contactants are toxins that enter the body through the skin such as cosmetics, soaps, perfumes, laundry detergents, and lotions. These are toxins that enter the body through the skin. The skin is the largest organ for detoxification of the human body. Anything that is not organic will contain chemicals because the plants used to make the products will have been sprayed with pesticides. In addition, many other chemicals are often added to non-organic products. Organic products offer a solution for those who can afford it.

In looking at these three types of toxins, only some specific toxins have been identified. It is important to remember that there may likely be a larger amount of toxins present than known, and some of them are unseen (and un-smelled) pollutants that no one is aware of. Keeping these toxins in mind we



can learn to make healthy choices when purchasing and using products, and food items. Being more aware of our choices will enhance the quality of our life.

Detoxification Systems of the Body

To stay in optimal health, all the major systems of the body need to be cleansed and detoxed. These are the gastrointestinal tract, which includes the urinary tract, colon, gallbladder, and liver. The urinary tract further consists of the kidney, ureters, bladder, and urethra. The Respiratory tract is composed of lungs, bronchial tubes, throat, sinuses, and nose. The lymphatic tract includes the lymph nodes. The last system is our skin and its dermal systems. Our bodies become toxic when we overeat or use too many prescription drugs and other substances. When our bodies are toxic, they try to handle toxins by responding in three ways: neutralizing, transforming, and eliminating. Elson Hass states in his book, *The Detox Diet* that,

"I believe that proper detoxification begins with understanding gastrointestinal function and the effect on overall health. You will find that these guidelines, when combined with regular exercise, will improve your health, vitality, and the functioning of your gastrointestinal tract. This reduces the chance of degenerative and chronic diseases and helps slow the aging process. Remember, prevention is the key! Some of the important nutrients for healing the GI tract include the amino acid L-glutamine, pantothenic acid, zinc, vitamin A, antioxidants (such as vitamins C and E, beta-carotene, and selenium), the bioflavonoid quercetin, essential fatty acids, inulin, and fiber (particularly the soluble kind). Herbs such as aloe vera, licorice root, and comfrey root also have positive healing effects on the mucosal lining of the gastrointestinal tract. These nutrients play a key role in GI mucosal cell differentiation growth, function, and repair."

The vitamins C & E, along with zinc, selenium, and carotene, all help to neutralize free-radical agents. The process in the liver takes the toxins and changes them into harmless parts, which go into the blood and are transported to the kidneys. In addition, the skin eliminates toxins by sweating, or by the liver releasing them from the bile it creates.

Symptoms That We Are Toxic

So, how does one know that they are toxic? The basic symptoms of toxicity are headaches, bad breath, allergies, nausea, fatigue, anxiety, joint pains, sore throat, frequent colds, constipation, etc. Many health problems are arising from a toxic body, such as allergies, headaches, heart disease, cancer, liver problems, kidney stones, Alzheimer's disease, Parkinson's disease, menstrual problems, etc.

The purpose of cleansing and detoxification is to eliminate the source of disease and symptoms. This can be further enhanced by eating and maintaining a healthy diet and lifestyle. Elson M. Hass says in his book, *The Detox Diet*, that, "Put simply, the key to maintaining metabolic balance is to maximize nutrition and to eliminate toxins."

The disease cycle starts when the body, especially the gastrointestinal tract is overburdened with an acidic diet, negative thoughts and emotions, environmental pollution, radiation, low oxygen, and dehydration. These substances and conditions change the body by making it more acidic. Elson Hass says in the same book, “The Detox Diet”, that the gastrointestinal tract is stressed by the following:

- *refined foods and sugar*
- *excess fatty and rich food*
- *overeating and failing to chew more than once or twice per mouthful of food*
- *drinking too much with meals, thus diluting our digestive juices and reducing our ability to properly break down food.*
- *Food, chemicals and pesticides, and environmental toxins.*
- *The persistent use of alcohol, caffeine, and nicotine.*
- *Use of prescriptions, over the counter, and recreational drugs.*
- *Lack of fiber, and whole foods, specifically lack of fresh fruits, vegetables, whole grains, and legumes in the diet.*

Research has further indicated that disease starts in the use of sugar and other acidic food. In ancient times these were non-existent, but since the twentieth century (1900) there has been a shift toward unnatural drugs and processed foods, both of which cause our bodies to become filled with toxic waste. In our modern society, we have drifted away from natural health products. Pharmaceutical companies support the use of drugs as a cure for mental and physical distress. But we can choose wisely.

Elson M. Hass says in the “Detox Diet”, that,

“I believe that patients and physicians alike should be oriented to live and practice with a commonsense approach that first looks at lifestyle as a place to promote rejuvenation, then to natural therapies, and finally to pharmaceutical drugs and surgery. Lifestyle factors include diet, exercise, stress management, and attitudes. Natural therapies include supplements, herbs, homeopathic, and hands-on healing such as massage, osteopathy, and chiropractic. Pharmaceutical drugs or surgery are appropriate when a situation is acute or severe, or if natural therapies are not working.”

Food can also be used to attain health and well-being, and for detoxification purposes. By choosing to eat certain foods and herbs, it is possible to first eliminate any toxins in our bodies, and then prevent toxins from building up. David Wolfe, an expert on the raw food diet encourages people to seek high states of physical, mental, and spiritual wellness to experience vitality and rejuvenation. His website <https://davidwolfe.com> has many amazing recipes to try and adopt.

If we continue with our unhealthy diet, along with using pharmaceutical drugs, we most likely will follow the same path that many have followed, which have led to difficulties in their final years of life. Detoxing through the process of cleansing and fasting can provide effective, alternative methods of releasing toxins, and pent-up emotional blockages causing disease. We can learn to live a healthier lifestyle.



The Benefits of Detoxification

There are many benefits of detoxification of our bodies. By cleansing and fasting, we can achieve a balance in our physical, mental, emotional, and spiritual levels. Both cleansing and fasting serve to detoxify our bodies by releasing, neutralizing, or transforming toxins. All these processes clear the build-up of mucus that occurs when our bodies are toxic. Elson M. Hass says in "The Detox Diet", that,

"We detoxify/cleanse for health, vitality and rejuvenation-to clear symptoms, treat disease, and prevent future problems."

In "The Essene Gospel of Peace," Jesus talks of the prayer, he says that all evil, which are toxins, shall leave the body through its organs of elimination. The Essene Gospel of Peace quotes Jesus as saying that once all toxins are cleansed from one's body, "Your blood shall become as pure as our Earthly Mother's blood and as the river's foam sporting in the sunlight. And your breath shall become as pure as the flesh of fruits reddening upon the leaves of trees; the light of your eye as clear and bright as the brightness of the sun shining upon the blue sky."

There are many benefits to detoxification, such as feeling more energized and active, it gives our stressed digestive system a break. Skin clears up, decrease in skin problems, youthful appearance, immune system is rejuvenated, and the eliminative functions achieve optimal health. Weight loss is another important benefit of detoxification. Toxins accumulate and get stored in fatty tissues, therefore when we detox, we release those toxins and thus fat. We can reach our desired weight and feel good about ourselves. Many people become more creative, begin to find their sole purpose, spiritual, enhanced relationships, more conscious and aware of the moment they are in.

Disease needs to be looked at not only from the physical level but from the emotional level as well. Both emotions and mental patterns are sources of disease. The food we eat directly influences our thoughts and emotions. When people feel sad, depressed, or stressed they may turn toward comfort foods such as sweets with high sugar content and fried foods. These foods are acidic and then when eaten with the emotional component of being, sad, depressed, or stressed, leaves a residue upon our cells causing emotional mucoid plaque to form. Instead of being resolved and released from the body, those emotions get trapped in our bodies and cells. This further affects our body, glands, immune system, mind, heart, and other organs.

Richard Anderson says in his book, "Cleanse and Purify Thyself," that,

"There is a residue, a substance that attaches itself to our cells and organs and causes malfunctions. I will call it 'Emotional Plaque'. It is not visible to physical sight and we cannot see it under the microscope, but it is there, nevertheless. It is like a magnet; in that it attracts toxic physical substances to it which appears to be the physical cause of disease. But the main point is, mucus and toxins are held in place by this undetected residue created by negative consciousness. This emotional plaque contains consciousness in the form of unconscious memories, attitudes, and feelings, like a radio wave, it continues to send out messages, and draws to itself conditions like its nature. Create enough of these and you will have habits. Habits create consistency and consistency creates persistent manifestations. The greatest downfall in medicine is the failure to recognize this emotional plaque and the lack of knowledge of how to remove it.



And how do we remove it? By first eliminating judgment, refining true discernment, focusing on the beauty in life, practicing gratitude, appreciation, kindness, and love, while at the same time cleansing the body and feeding it pure foods. “

The practice of fasting and cleansing can provide a time of rejuvenation for the mind, body, and spirit. Fasting can be used to prevent illnesses and control appetites and overeating habits. Excess foods and eating habits can cause degenerative diseases, such as heart diseases, cancer, and diabetes. Fasting can help conditions where the body feels very congested, due to constipation and excess nutrition.

Gabriel Cousens says in his book, “Conscious Eating”, that,

“Fasting allows our physical bodies to turn to the assimilation of divine or cosmic energy rather than biochemical energy.”

Bad eating habits, addictions to food and drinks can be controlled by the realization that the energy of the universe is sustaining the body, not the food energy. Fasting for a few days releases the blocked energy and congestion of the physical body, allowing the life-force energy to flow more freely. Thus, Regular fasting enables the body to bring on a spiritual rebirth.

Another vital aspect of detoxification is the environment we detoxify in. One’s environment can hold a range of toxic energies to healing energies, which depends on the individual’s definition of each. For some people, a small amount of clutter and disorganization can cause stress, while for others it may be comforting. Any stresses in one’s environment should optimally be alleviated before starting a detoxification process.

A toxic environment can create a resonance with the toxins in a person’s body making it more difficult to continue with the detoxification process. On the other hand, an environment that is healing and inspiring may help a person in times of doubt. Each person has different needs when cleansing and fasting, and so it is essential to listen to one’s body before and during these processes.

Take time off work, create a nurturing and familiar environment without the demands of work can be greatly beneficial during detoxification. Keep your evenings free of demanding activities, as you can experience cleansing reactions during the first several days.

It is important to consider the people that we choose to be around and the activities that we participate in during the cleansing process. For example, if you are ready to do a thirty-day cleanse. It may be difficult for you to be around friends and family who are not supportive. It can also be challenging to be with people who are participating in habits that you are abstaining from during your cleanse. It is greatly beneficial to be around people and do activities that motivate and encourage your detox process.

Another important factor to note is that one of the reactions to detoxifying is the re-emergence of old emotional patterns, suppressed emotions will be felt again, in the form of tears, feelings of distress, sadness, even emotional outburst. When this happens, it is essential to remain in a positive mind-frame and attitude to the best of your ability. These emotions always come up as they are being released from the body permanently. Focus on the overall benefits that will come with this process. So, before starting any detoxification program mentally prepare yourself and your environment.

The Best Time for Detoxification

It is best to cleanse and detoxify whenever you feel stagnated, bloated, constipated, and congested taking over. Elson M. Hass says in his book "The Detox Diet", that,

"Whenever we feel congested, our first step is to follow detoxification procedures fine-tuned to our specific needs. I have found that when I start to feel congested from too much food, people, or activities, I will feel better if I can exercise, sauna or steam, drink loads of fluids, eat lightly, take vitamins C and A, and get a good night's sleep. If I feel my colon requires further cleansing. I take stimulating herbs." Another good time to cleanse and detoxify is when a new season sets in. Elson M. Hass says in the same book, that:

"...Seasonal changes are key times of stress when we need to reduce our outer demands and consumptions and listen to the way our inner world mirrors the natural cycles. Spring is the key time for detoxification; Autumn is also important. I suggest at least a one-to two-week program at these times."

Further on he says,

"An abundance of fresh fruits and vegetables are appropriate for summer; and whole grains, legumes, vegetables, and soups best simplify our diets in winter."

In general, it is good to know that our bodies go through cycles of change just like our outer worlds, the seasons etc. So, it is wise to do a three-to-seven-day cleanse, with the coming of each season. Caution should be taken by people with serious conditions such as heart problems, extreme fatigue, cancer, diabetes, underweight conditions etc. If one detoxifies too much, he/she can become sicker than they are. Consult your physician before fasting or detoxifying.

Elson M. Hass also talks about the concept of "trilogy of nutritional action." In this concept, detoxifying is one part, whereas building and maintaining are the other two aspects. If the individual eats a balanced diet low in fats, meats, dairy products, chemical foods, and processed foods, he/she will need a lighter cleansing process. Whereas someone who eats a diet high in fats, meats, dairy, chemical, and processed foods, will need to use a stronger detoxification process. Lastly, if the body has signs of high toxicity, or congestion, then it is recommended that a strong detox should be taken.

PH Level

Another indicator of our toxicity levels is the PH level of our body, which is affected by the food that we eat and the mental and emotional patterns that we hold. The PH level of the body is the measurement of how acidic or how alkaline the body is. Richard Anderson in his book, "Cleanse & Purify Thyself," states that, "Following breathing, and the heart beating, the next most important physiological function our bodies perform is the maintaining of a balanced PH."

He further says in the same book,

"PH is the symbol for "potential hydrogen" and is used with a number to indicate levels of acidity or alkalinity. The greater the amount of hydrogen atoms, the stronger the acid, and the lower the PH number.

Anything from 0-7, indicates acidity. The more diminished the amount of hydrogen atoms, the more increased the alkalinity and, the higher the number."

Each food has a PH level. The only part of the body that needs to be acidic in the stomach. It is in the stomach that hydrochloric acid, which has an extremely acidic pH of 0.5, which assists in the breaking down of food. The low pH stimulates pepsinogen enzymes that help in the digestion process of proteins. Food is mixed with acid and enzymes in the stomach and then enters the duodenum, which is part of the intestines. An alkaline pH is necessary in the intestines because the intestinal enzymes can only function well in a pH above 7. When people eat large quantities of acidic foods their bodies buffer the acid by assimilating it with the electrolyte organic sodium and bicarbonate. The pH of the body rises when organic sodium is absorbed for the body to be able to safely release the acids. Every time the body uses an electrolyte to buffer acidic food, the electrolyte supply of the body is slightly depleted.

Food naturally contains all the enzymes it needs to break itself down in the body; however, the process of cooking food kills the enzymes, and the body then needs to use enzymes from the body's limited enzyme supply. Each body has a fixed number of enzymes that are catalysts for chemical reactions, including the processes of rejuvenating and healing the cells of the body. If someone eats all acidic food; her/his body will use all its electrolytes for buffering the acids. This person will become electrolyte deficient and her/his health will decline. If this depletion were to continue, it would result in death.

Elson M. Hass and Danielle Chace says in the book, "The Detox Diet", that,

"The acid-alkaline balance is crucial to what scientists call the biological terrain of the body, or the state of the body's tissues and functions. I believe it is this terrain that affects whether or not we are healthy and can fend off most diseases."

According to Richard Anderson, the main difference in how acidic and alkaline foods affect one's body is that acidic foods deplete the electrolyte reserve, whereas alkaline foods build up the reserve. There are benefits to eating both types of food in one's normal diet, for alkaline foods are cleansing, while acidic foods are building. It is the overall pH of the body that should be alkaline for good health.

Acidic foods include all processed foods, baked bread, alcohol, cigarettes, coffee, dairy products, eggs, drugs, legumes, meat, soft drinks, soy, black tea, nuts, and seeds. Alkaline foods include all raw and fresh vegetables, fruits and sprouts, raw juices, and apple cider vinegar. Other than these, emotions and thoughts can also have alkaline or acidic effects on the pH of the body as well. Stress anger, complaining, and lack of exercise are acidic to the body, whereas appreciation, joy, gratitude, and fun are highly alkaline.

Some tips on making food less acidic and more alkaline are as follows.

- *Soaking mildly acidic foods such as legumes and whole grains can make them more alkaline. Soaking some foods begins the process of sprouting, which is very alkalizing.*
- *Chewing your food thoroughly can also make it more alkaline because the saliva is full of enzymes and thus alkaline.*

It is important to note that a gradual change from acidic to alkaline foods is safest for the body. Furthermore, after a cleansing process, new diet changes can more easily occur, and a balance can more likely be kept. The following are some examples of Alkaline and Acidic Foods

- *Alkaline Foods include raw fruits, vegetables, and sprouts, such as apples, apricots, avocados, bananas, berries, blackberries, broccoli, brussels sprout, alfalfa sprouts, watercress, beets, green peas, barley, kale, etc*
- *Acidic Foods include all cooked grains except quinoa and millet. The following are some examples of acidic food, All processed foods, baked bread, cake, all cereals, seeds, beans, pasta, coffee, alcohol, dairy products, nuts, salt, sugar etc.*

Types of Detoxifications

There are many types of detoxifications available, such as detox of the intestines, blood, liver, kidneys, emotions, and mind. By having a general understanding of these types of cleanses, you will be able to make a more informed decision in choosing the correct cleanse for yourself.

Intestinal Cleanse

Intestinal cleanses are extremely important for the detoxification of the entire body. The intestines are the place where the assimilation of nutrients takes place. Along with that, it is a place for the elimination of toxins. The cells of the body are affected by the accumulated toxins of the intestines, which consists of mucoid plaque and other toxins and congestion of the bowels. By an intestinal cleanse, toxins are released from the systems. Many products are available on the market that can be purchased for an intestinal cleanse. Richard Anderson in his book "Clean & Purify Thyself," describes the powerful effects of his Intestinal Cleanse called The Arise and Shine Cleanse. This cleans is a four-week process and breaks up mucoid plaque and releases it from the body. It purifies the blood, expels all toxic material stuck in the intestines. There are four phases involved in the Arise and Shine Cleanse. Three meals are eaten on phase one, and then one meal is eliminated on each of the following phases. During the fourth phase, only fresh juice is consumed. This allows the body to spend truly little time digesting and thus more time cleansing. A large focus of this cleanse is releasing mucoid plaque, which often happens during the final phase. Along with that two herbal formulas are used which aid in breaking of the mucoid plaque and releasing it from the body, and providing the body with essential amino acids, vitamins and minerals, chlorophyll, and gives nutritional support to all the organs.

Once the intestines are detoxed, it is beneficial to do a gallbladder and a liver cleanse. These cleanses, remove stones and other toxins from the organs. Anyone who eats cooked food especially a diet high in fiber, meat, and oils is likely to have a clogged liver, and susceptible to having stones in their livers and gallbladders.

When the liver becomes toxic, it is not able to flush all the toxins out of the body. Instead, the liver takes toxins from the bloodstream and stores some of them in the liver itself. This inhibits the liver's ability



to detoxify the body. Symptoms of a toxic liver are headaches, bad breath, fatigue, skin irritations, and many more.

A liver cleanse can aid in cleansing the bloodstream, improve digestion strengthen the immune system, clear the skin, improve metabolism, and protect the body from degenerative diseases such as cancer. Also, stones are flushed out. There are many cleanses available these days, most use a combination of olive oil and lemon juice to flush the liver. Olive oil causes the liver to contract, thus pushing stones out through the liver's ducts. Cleanses for the liver are one to 14 days in length and a better option than surgery. Diet changes are highly recommended after cleanses. A diet high in fiber with few or no flesh foods is recommended. Cold-pressed oils, avocados, and seeds are suggested as fats in one's diet, and fasting on juice one day per week is suggested as being helpful for overall health.

Some beneficial Intestinal Cleanses can be found at health store, pharmacies and online. Below you will find a few that can be helpful:

- <https://ca.iherb.com/pr/Nature-s-Secret-Ultimate-Cleanse-2-Part-Total-Body-Program-2-Bottles-120-Tablets-Each/3141>,
- <https://ca.iherb.com/pr/Renew-Life-Cleanse-Smart-2-Bottles-60-Vegetarian-Capsules-Each/7144?rec=iherbtest-pdp-related>,

A Master Cleanse

A Master Cleanse can be used to detoxify the liver, kidneys, digestive systems, glands, cells, joints, and muscles. It furthermore helps to build healthy blood and stimulate healthy tissue growth. Stanley Burroughs in his book, "The Master Cleanse" describes a master cleanse that can be beneficial for detoxifying our whole self. This cleanse can be done for ten days or one to two days once a month to rejuvenate the body. The Master Cleanse is a mixture of fresh lemon or lime juice, maple syrup, cayenne pepper, and water six to twelve times per day. Lemon helps to detoxify the body, while maple syrup gives the body energy from an unrefined source of sugar. The body gets a break from heavy digestion, as the liquid mixture is easy for the body to assimilate. It is also recommended to take an herbal laxative along with a master cleanse mixture to increase the effects of the cleanse.

Emotional and Mental Cleansing

Our diets affect our emotional, mental, and spiritual states, and to cleanse these, we need to focus on what we are eating. The connection between one's diet and mind has been understood by cultures for thousands of years. Herodotus, a Greek historian noted that meat-eating cultures were more focused on war than vegetarian cultures. Gabriel Cousen states in his book "Conscious Eating," that,

"Consciously or unconsciously, people tend to choose the diet that reinforces and reflects their own mental and spiritual states of awareness."

One can use food as medicine for the mind, emotions, and spirit. Cousens suggest increasing fruits and vegetables, and grains to feel more relaxed, light, calm, spiritual, intuitive, and intelligent.



Furthermore, if you feel dull, irritable, heavy, tense, it is wise to decrease the amount of dairy and fresh foods to help in feeling better.

Gabriel Cousen in his book, *"Spiritual Nutrition and the Rainbow Diet,"* says that, "Diet influences the state of mind, and the state of mind influences the diet choice." To create a balanced state of mind, one should eat sprouts of legumes and grains, raw greens and grasses, fresh fruits and vegetables, and soaked nuts and seeds. One should strive to eat 70% alkaline foods and 30% acidic food to attain a balanced state of mind.

Another method of emotional cleansing involves focusing on the chakras, or energy centers, of the physical body. This can be done on oneself or by another person. The website, www.freehealing.com, The Ministry of Universal Energy Healers states that energy becomes trapped in the body when one experiences emotions such as anger, fear, resentment, jealousy etc. If such energy remains trapped in the body, a person will not be able to heal completely from illnesses.

A vital part of energy healing is a person's intention and willingness to be healed. The Ministry of Universal Energy Healers says, "You may not know how to forgive, but if you are willing to forgive, it is already a great step towards gaining health."

The power of thought is often underestimated by people but can have a profound effect on emotional and mental cleaning. One can create thoughts and positive affirmations to affect the body in a harmonious and healing way. According to Michael Van Straten in *"Super Detox,"* that positive affirmations can become rooted in the subconscious, where they can then push out any negative emotions stored there.

According to the website www.spiritualpath.org, Blanca Greenberg explains how cleansing is a very necessary part of people's spiritual awakenings; "Emotional Cleansing opens up the sacred space in our hearts to make room for spiritual emotions: love, harmony, peace, tranquility, unity, abundance, happiness, joy, spiritual ecstasy, and oneness with the ultimate source."

Another way to detox the mental and emotional states is by making changes in one's diet. Dietary changes are more effective after a cleanse. Eat foods that are less congesting such as fruits and vegetables, greens, and herbs. Avoid foods such as refined sugars, dairy products, eggs, fried foods, meats, hydrogenated fats, and refined flour.

Another great way to create lifelong dietary changes is by including raw foods in your diet. Raw foods are mainly alkaline and can assist in the detoxification process. Raw foods include fresh vegetables, fruits, nuts, seeds, roots, sea vegetables, and sprouted grains. Raw foods will cleanse and release all the toxins in their bodies. This type of cleanse and diet makes one feel rejuvenated, connected with nature, and feel young again. You are what you eat. Raw foods are as nature created them, and they contain life-force and enzymes. Richard Anderson says in his book, *"Cleanse & Purify Thyself,"* "that, life force is a key ingredient to health. He further says that life force is,

"The source of energy and nerve power. It gives life to our cells and the enzymes in our body." The life force of each of our bodies decreases when we eat cooked food, take drugs, or experience negative thought



patterns. Cooking food kills its enzymes because enzymes die at a temperature above 119 degrees Fahrenheit. Enzymes are essential to the body for utilizing proteins, vitamins, and minerals, digesting food properly, and for all metabolic processes to take place.

The Essene Gospel of Peace quotes Jesus saying that,

“So, eat always from the table of God: The fruits of the trees, the grain and grasses of the field, the milk of beasts, and the honey of bees. For everything beyond these is of Satan and leads the way of sins and diseases unto death. But the foods which you eat from the abundant table of God give strength and youth to your body, and you will never see dis-ease.”

Different Types of Fasts

Fasting is also a way to detox the mind, body, and spirit. People have been practicing fasting for thousands of years. In ancient times philosophers and religious figures used fasting to help themselves to open to a divine connection and to understand the truth of the cosmos.

Many religions use fasting for purification, spiritual awakenings, and initiation. The Muslims fast every year, for thirty days, during the month of Ramadan from food and water. The fast starts before dawn and goes till sunset. It is done to purify the body and mind and to create a divine connection through prayers. The Christian period of Lent is a time during which people give up certain foods to connect to God and Jesus. Yom Kippur is the Jewish day of purification, during which people fast from food and water. Buddhists Monks, Tibetan Monks, and Hindu's practice fasting before holy days.

Fasting has been defined in many ways. Fasting means to abstain from food and water, or certain types of food and water, or from certain types of food such as meat.

Gabriel Cousens in his book *“Spiritual Nutrition and The Rainbow Diet,”* says that,

“Fasting in a larger context means to abstain from that which is toxic to the mind, body, and soul.”

Many people take fasting as a period of purification, a break from the everyday routines, and stresses to rejuvenate themselves. It also reduces one's appetite and opens one up to personal development. As we abstain from food, our body begins to look for other ways to nourish itself, such as prana, chi (life-force) energy. One's level of prana energy can lead to create better health and well-being.

Gabriel Cousen says in his book *“Spiritual Nutrition and The Rainbow Diet,”* that fasting,

“Is not done to make the body suffer, because in practical reality the body is also becoming healthier with fasting. It is done because, until we achieve a certain level a spiritual communion, the desires of the body-mind complex are often stronger than the desires of God Communion.”

There are many types of fasting and fasts, and Gabriel Cousens recommends a gradual process of initiating one's body into fasting. Cousens gives four stages of fasting in his book *“Spiritual Nutrition and The Rainbow Diet”*. The First level of fasting is for people who eat a meat diet. These people are

recommended to fast from meat for one week twice a year. The second level is for people who do not eat meat. They should fast on fruits and juices for three days once per month or one day per week and additionally fast for seven days twice a year. The third level is for people on a lactovegetarian diet; they are recommended to fast on juices (or the same schedule as level two). These three levels of fasting are designed to purify the body at the physiological level and as support for spiritual practices. The fourth level of fasting is different than the others, it is an active spiritual practice within itself, done in conjunction with prayer and meditation. This level consists of four, ten-day fasts per year and either fasting three days a month or one day per week. This level is for people who are on a vegetarian diet and desire to use fasting to enhance their spirituality. Fasts at the final level can start out consisting of fruit and vegetable juices, then progress to wheatgrass and finally to distilled water.

Another method of gradually getting into the habit of fasting is described by Nischala Joy Devi in her book, "The Healing Path of Yoga," she says instead of jumping into long fasts gradually move into it. On the first day, Nischala suggests too fast for a few hours. This can be done by eating a normal breakfast, skipping lunch, and instead practicing yoga or breathing exercises. One can drink herbal teas, vegetable juice, or vegetable broth to appease hunger. For dinner eating in moderation and with appreciation is best.

The Second Phase of fasting is for people who have had a positive experience with the first stage. During the second stage, one can eat a regular breakfast and lunch, but then fast from after lunch until breakfast the next morning, following the same guidelines as the first phase. This is about an eighteen hour fast, and a great deal of the time is spent in sleep.

The third step is to fast for twenty-four hours by fasting from lunch one day until lunch the next day. Nischala says the third phase of fasting, "is sufficient for a regular once-a-week or once-a-month healing fast. Longer ones can be added as the practice feels more comfortable."

So, we see that there are several ways to fasting. Before beginning a fast, it is essential to consider, which type of fast is beneficial for you, and the best time to do the fast. The following are some simple fasts.

- *A water fast can be done by anyone. Drinking five to seven glasses of water per day, slowly.*
- *A juice fast can consist of the same amount of five to seven glasses of juices from fresh fruits with no added sugar. Drink it slowly to savor the taste.*
- *Herbal Tea fast is another simple fast. One can take five to seven glasses of herbal tea (Choose one type of tea, such as green tea, lemon ginger, fruit tea, etc.) and drink it slowly.*

The Simple fasts should be done with no food, only liquids for three days from sunrise to sunset. Eat a light dinner of vegetables, and perform light exercises, meditations, or prayers with breathing exercises. During the fasting period, the individual can experience different symptoms as our toxic bodies are awakened to eliminate. Some of these symptoms can come in the form of headaches, bad breath, nausea, and feeling weak.

In addition, there is a spiritual fast that has been practiced by mystics, Sufi Master, Gnostics called the forty-day spiritual fast. Jesus and Moses both fasted for forty days with no food or water. There is also a progressive forty-day fast that is beneficial to some. In this fast, if someone is a meat-eater, for example,

they could eat 37 days of vegetarian foods and then 3 days of juices. The purpose of this fast is not to cleanse but rather to commune with the Divine. Gabriel Cousens in his book, "Spiritual Nutrition and The Rainbow Diet," says that,

"It is on this (forty day) fast that we directly confront death and the offering up of our body, mind, and ego to God."

Gabriel Cousens describes his experience of the forty-day fasting, that had left him highly energized and clear-minded. He meditated for nine hours per day. He says in the same book, "My mind became so devoid of thoughts that in meditation, it would simply dissolve into the light of God for hours at a time."

The physiology of fasting shows the benefits it can have on the physical body. When the body does not get its nutrients through eating foods, it begins a process called autolysis. During this process, the body turns to poorly functioning cells and breaks them down to be metabolized. Autolysis usually begins after three days of fasting.

Gabriel Cousens in his book "Spiritual Nutrition and the Rainbow Diet," says that one should stop fasting when the body is done breaking down the unhealthy cells, which is indicated by a renewal of appetite. If one were to continue fasting at that point, the body would turn to its healthy cells and begin to break them down. The organs of the body that help to release toxins, which are the liver, kidneys, bowels, lungs, and skin can become more active during a fast. One's body no longer must use its energy to digest food and can instead focus on cleansing itself.

While fasting it is helpful to do deep breathing exercises, taking saunas, aromatherapy, relaxation music. One can also take enemas to clear toxins from one's bowel. Gabriel Cousens also recommends taking flower essences, such as a combination of flower essences: self-heal, silver sword, papaya, lotus, star sapphire, and quartz. Self-heal helps the body absorb prana or universal energy. Silversword balances one's heart chakra and aids with the subtle bodies. Papaya essence helps to balance sexual and emotional energies, while lotus works on alignment of all levels of a person. Finally, star sapphire focuses on activating the chakras.

It is essential to drink lots of water, which helps in eliminating the toxins. Taking extra electrolyte minerals will help buffer the toxins, making them ready to be removed from the body. After completing the fast period, it is important to transition between fasting and eating one's regular diet. A person's digestive system will shut down during a liquid or dry fast for several days or more, and when food is reintroduced to the body, the digestive system will absorb nutrients very quickly. Cousens suggests breaking a fast with foods that the individual wishes to use for rebuilding one's body, such as healthy, healing foods. The completion of a fast can be an excellent time to change one's diet or lifestyle.

Detoxification Symptoms

It is greatly beneficial to know cleansing reactions that can occur while on a cleanse or fast. These do not always occur but can be looked at as a possibility to help you decide whether to cleanse lightly, or heavily detoxify, or not cleanse at all. Some symptoms are as follows.



- Headaches
- Dizziness
- Nausea
- Low energy
- Weakness
- Sneezing
- Coughing
- Skin eruptions
- Rashes
- Fevers
- Sweating
- Re-experiencing past symptoms of illnesses

The symptoms come forth when toxins are released and begin to flow through the bloodstream. If people are not aware of this cycle of healing, they might stop the cleanse because they believe it is harming them and their bodies.

While fasting and detoxification, one might feel a healing crisis-that is feeling sick, Bruce Fife in his book "The Healing Crisis", explains that one might experience a healing crisis while detoxifying. The sick feelings might range from mild to extreme. Since the body is healing itself from overeating and toxicity, it will experience re-emergence of previous emotional and mental distresses attached to certain illnesses. Re-experiencing feelings of previous illnesses or emotional distresses during a cleanse or fast are symptoms of a healing crisis; such feelings re-emerge while they are being released from the body for good. A healing crisis marks the end of a cycle of disease. Richard Anderson states in his book, "Cleanse & Purify Thyself," states that,

"The beginning of a dis-ease marks the beginning of a cycle in which a dis-ease inhabits and impairs the body to varying degrees, even after the acute phase of the illness has passed; the healing crisis is the ending of that cycle, freeing the body entirely from all influences of that dis-ease through both your internal healing process as well as with the lifestyle and nutritional guidelines...You will begin to serve your body and life toward its highest potential."

A healing crisis will pass in three days, leaving a person feeling better than before. Bruce Fife in his book, "The Healing Crisis", says that experiencing a healing crisis can be a time of gratefulness and celebration. Fife states, "We should rejoice, knowing that we have eliminated more causes of disease. It means that we have cleansed and purified our bodies from unwanted toxic waste which was poisoning the body, mind, and feelings."

In the Detox Diet, Elson M. Hass further explains another cleansing reaction. He says that there can often be two voices within an individual. One voice may urge the person to smoke a pack of cigarettes because life is short and so why not empty it? Another voice, however, may be saying that it wants to be healthy and free from addictions. An approach that Hass recommends is to take a small break from one's addictions. This can mean a day, a week, or longer depending on how the individual feels. These breaks from toxic substances will give the body time to detoxify renew itself and rest. Caring for one's well-being



can be important to always focus on, important to focus on all times, including during times of detoxification because of the possibility of experiencing cleansing reactions.

Conclusion

A healthy physical body becomes disease-free and positively affects one mind, emotions, and spirit. Cleansing and fasting offer a time for our bodies to detoxify the buildup of food, chemical substances, and residues, along with blocked emotions that would otherwise unconsciously affect our day-to-day well-being, there are numerous cleanses available on the market today. Do your research and find the one that suits your needs the most. Also keep your environment, where you live free of toxins and clutter. Keep your homes clean as a clean home is a healthy home.

Detoxifying your body and the environment you live in, may or may not be right for you, but by being receptive to the information in this course you have hopefully gained a deeper understanding of cleansing and fasting that will support both you and your clients.

To gain knowledge is to take a powerful step in embracing the ways of living and taking responsibility for yourself and your choices. May this continue to open doors for you and those around you into, newer, more beautiful, and ever-fulfilling lives.

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Holistic Detox Exam Questions

Name: _____

Address: _____

Student No. _____ **Phone No.** _____

1. *In Religious and Traditional wellness programs from around the world., cleansing and fasting are often used as medicine for the bod, mind, and spirit.*

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2. *A toxin is* _____

A. A helpful bacterium

- B. *A harmful bacterium*
 - C. *Any substance that creates harmful effects in the body, undermining our health and stressing our biochemical or organ functions.*
 - D. *A perfume*
3. *What are the three main types of toxins?*
 - A. *Air, water, and fire*
 - B. *Ozone, cosmic rays, and solar energy*
 - C. *Contactants, inhalants, and ingestions*
 - D. *All the above*
4. *What are the three ways in which the body handles toxins?*
 - A. *Sadness, depression, frustration*
 - B. *Neutralizing, transforming, and eliminating*
 - C. *Illumination, revitalization, and rejuvenation*
 - D. *None of the above*
5. *Disease starts when the cells in one's body are put under stress.*
T F
6. *Germ and parasites thrive in a detoxified body.*
T F
7. *Mucoid plaque can be defined as*
 - A. *Bile from the liver*
 - B. *A layer of mucus that can cover the walls of the intestines and the stomach*
 - C. *Pharmaceutical drugs*
 - D. *All the above*
8. *Some benefits to detoxification are skin irritation, healing crisis, and acne.*
T F
9. *What happens to emotions that are not resolved and released from the body?*
 - A. *They can get trapped in our body's cells.*
 - B. *They make the body full of energy*
 - C. *They become stored in the liver*
 - D. *All the above*
10. *Fasting allows the physical body to use divine, cosmic, or universal energy rather than biochemical energy from food.*



11. *The pH balance in the intestines should be alkaline.*

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12. *Two types of alkaline foods are _____*

- A. Raw vegetables and fruits*
- B. Bread and coffee*
- C. Sugar and pastries*
- D. Nuts and seeds*

13. *An example of an intestinal cleanse is*

- A. Simple fasts*
- B. Eating acidic foods*
- C. Eating meat*
- D. The Arise and Shine Cleanse*

14. *During the Master Cleanse, one can take a mixture of fresh lemon/lime juice, maple syrup, cayenne pepper and water.*

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15. *What is the purpose of a forty-day cleanse, such as that done by Jesus, Moses, and mystics?*

- A. To understand the mind*
- B. To deny the body nutrients*
- C. To commune with the Divine*
- D. None of the above*

